



TSB reports on Lac-Mégantic

Final report finds many factors led to disaster, targets MMA and Transport Canada **PAGE 3**

Freakfest: A family affair

Don't leave the kids at home, says organizer of first-annual metal festival **PAGE 4**

WILL SOMEBODY PLEASE GIVE THIS MAN A BELT?

TRIVAGO GUY GOES FROM PITCH MAN TO INTERNET MEME TO MAKEOVER CANDIDATE **PAGE 7**



Khurram Sher, 32, cracks a smile outside the Ottawa courthouse on Tuesday after Justice Charles Hackland acquitted him of conspiring to facilitate terrorism. JOE LOFARO/METRO

Khurram Sher found not guilty in terror trial

Freed from strict bail conditions. 'It feels great,' Sher declares

A pathologist based in London, Ont., who was tracked by the RCMP in 2010 is believed to be the first Canadian acquitted of a terrorism charge after a judge delivered a not-guilty verdict in an Ottawa courtroom Tuesday.

Outside the Elgin Street courthouse, Dr. Khurram Sher, 32, said "it feels great" to be cleared of the charge after spending four years under strict bail conditions.

"His life has been on hold for four years," said Sher's lawyer, Michael Edelson. "He's lost over \$1 million in income, prestige in the community.... It's a very, very tough four years."

The RCMP arrested Sher at his London home in August 2010 after spying on him and

two other alleged co-conspirators.

The crux of the Crown's case was a July 20, 2010 meeting in Ottawa between Sher and the two other men. The discussion was covertly probed by the RCMP and was one of 80,000 intercepts over several months.

At trial, Crown prosecutor Jason Wakely argued this meeting was a recruiting exercise to lure Sher into the group — a group devoted to supporting "violent jihad." The name of one of those men is protected by a publication ban.

Edelson argued his client was merely caught up in the discussion with these two men about terrorist activities and possible targets in Canada and didn't agree to do anything or join any group.

In the eyes of Justice Charles Hackland, Sher was "a quite naive, immature and inarticulate young man" who chose on

July 20 to "go with the flow" in a guest's home rather than confront someone with such extremist views.

"The accused probably harboured jihadist sympathies or an intent and willingness to discuss those topics, but I am not convinced he wanted any continuing relationship with (the co-accused), who clearly was a genuine fanatic wishing to see violent jihad occur in Canada," said Hackland.

Sher let Edelson do most of the talking outside of court. Edelson said Hackland "got it dead right" about being naive.

"He is. After four years, when you spend a great deal of time with a client, you get some insights, you get to know him pretty well."

Hackland's verdict was thorough but "disappointing," said Wakely. He said he will review the reasons for judgement before a decision to appeal can be made. JOE LOFARO/METRO

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MY14 Pathfinder vs. 2013 Large Cross/Utility Class. 2014 Pathfinder S 2WD with CVT transmission fuel consumption estimate is 10.5L/100 KM CITY | 7.7L/100 KM HWY | 9.3L/100 KM COMBINED. Actual mileage will vary with driving conditions. Use for comparison purposes only. Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. 2014 Pathfinder Platinum model shown. ¹³Ward's Large Cross/Utility Market Segmentation. MY14 Pathfinder vs. 2014 Large Cross/Utility Class. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ¹⁴1998-2014 Nissan Canada Inc. and Nissan Financial Services Inc. a division of Nissan Canada Inc.

Lac-Mégantic: Many factors led to train derailment, board finds



Transportation Safety Board of Canada chair Wendy Tadros is followed by TSB chief operating officer Jean Laporte as they enter a news conference in Lac-Mégantic, Que., on Tuesday. The TSB has released its report on the deadly Lac-Mégantic train derailment in July 2013. PAUL CHIASSON/THE CANADIAN PRESS

Transportation Safety Board. Federal agency is making recommendations to prevent more disasters with runaway trains

Many factors contributed to the Lac-Mégantic train derailment in 2013, including lax safety measures at the company that owned the train, poor employee training and tanker cars that didn't offer enough protection, the Transportation Safety Board of Canada (TSB) said Tuesday.

The agency targeted Montreal, Maine and Atlantic Railway as well as Transport Canada in its final report.

"Transport Canada didn't audit railways often enough and thoroughly enough to know how those companies were really managing, or not managing, risk," TSB chair Wendy Tadros told a news conference in Lac-Mégantic.

She acknowledged the re-

Minister's take

- In Ottawa, federal Transport Minister Lisa Raitt reacted to the report and said her department will review it thoroughly.
- "I have directed the department to quickly develop concrete actions to address the TSB's recommendations," she told a news conference.

port will do nothing to bring back loved ones or to rebuild the devastated town.

"We know that, we do. But we can point the way to a better future, a safer future."

Tadros said a multitude of factors played a role in the tragedy, which killed 47 people.

"Accidents never come down to a single individual, a single action or a single factor," she said. "You have to look at the whole context. In our investigation, we found 18 factors played a role in this accident." **THE CANADIAN PRESS**

Helping fire victims proves challenging

An Ottawa woman says red tape is getting in her way as she tries to set up a bank account for donations to help a family of five that was displaced by a tragic fire last week on Penny Drive.

The Aug. 13 fire claimed the life of a woman and her dog who lived in a row house run by Ottawa Community Housing.

Timothy Clark was her

neighbour and lived a few units down from her with his fiancée, Alexandra, and their three young children.

The family of five has been living in hotels as their home was damaged by water.

Their friend, Amy Beaudoin, has been trying since last Thursday to set up an account for the family so that members of the public can make donations to help them

get back on their feet. She has been "hitting walls" ever since, she said.

Beaudoin said she was told that in order to thwart criminals from using bank accounts to launder money, banking institutions have tightened regulations surrounding such accounts and require more accountability from customers. Publishing the account number in the media also raises

several red flags.

Metro sought a general explanation of those regulations from RBC, the first bank Beaudoin went to. RBC communications director Chris Devito declined to comment before speaking with Beaudoin on Wednesday.

Beaudoin said Tuesday she is dealing with Scotiabank instead and getting a lawyer involved to facilitate the open-

ing of the trust fund to help pay for the cost of replacing the contents of their house. Clark's step-father must travel to Ottawa to sign off on the account, she added.

Beaudoin said she never thought it would be this challenging to do "because years and years ago it used to be that you could go and get a donation account set up pretty easily." **JOE LOFARO/METRO**

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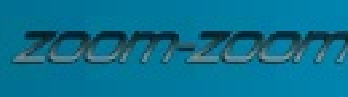
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1 NEWS

First annual Freakfest to bring out family-friendly metal crowd at fair

Don't keep the kids away from the fun. 'Metal knows how to be family-friendly without throwing the swear words out,' festival organizer says



LUCY SCHOLEY
lucy.scholey@metronews.ca

If you think a screaming, moshing metal show does not mesh with the pony rides and clowns at a family fair in Ottawa, then your attitude is one the organizer of a new music festival is hoping to change.

The first annual Ottawa Freakfest will feature 15 local metal and hard-rock bands at the Capital Fair on Saturday.

But don't leave your kids at the pet show, says Mark Garrod, the festival organizer and



A Darker Day will be among the local bands onstage at Ottawa Freakfest on Aug. 23. CONTRIBUTED

guitarist in A Darker Day.

"Metal knows how to be family-friendly without throwing the swear words out," he said, adding that he sometimes

takes his six-year-old daughter to his shows.

"That's the old stereotype, you know, the whole sex, drugs, rock 'n' roll thing. It

just doesn't exist anymore," he said.

It's a huge lineup for the musical genre, considering most such shows in the city

incorporate a few bands at most. While it's still small compared to the likes of Amnesia Rockfest, which drew about 100,000 metal and hard-rock fans to Montebello in 2013, it's still a first in Ottawa's metal scene.

Like much of Ottawa's art and music scene, the underground metal genre has beefed up over the past decade.

"A lot of big names that usually skip Ottawa, now, instead of playing Montreal even, they come to Ottawa instead. It's definitely nice to see," said Christina Kasper, a promoter with Black Widow.

And metal fans make the best customers, according to Stacie Sivyier, a bartender and band booker at Rainbow Bistro.

"They're one of the nicest crowds to work with," she said. "They're very polite. They always say please and thank you. For the most part, they often bring back their empties ... to the bar."

Freakfest information

Date, lineup and more

- Freakfest will begin Aug. 23 at the Rideau Carleton Raceway, starting at noon.
- Freakfest lineup: Ambrosia Famine, Claudia, King Swan, A Scar for the Wicked, Signs of Chaos, 7 Inch Slave, No Plans for Chaos, Pursue the Empire, Project Mars, A Darker Day, Scarecrowz, Mosley, XPLDM, Minds of Men, My Shadow
- @metroLucy admittedly has been to one, maybe two metal shows in her entire life. She's looking for metal bands to like (preferably local). Tweet your favourites at her or @metroottawa.

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Push for bilingualism in Ottawa misguided, says language group

A call from a French-language rights group to make Ottawa officially bilingual is a part of a misguided plan to extend Quebec's sovereignty into eastern Ontario, according to Canadians for Language Fairness spokesperson Beth Trudeau.

On Aug. 13, Jacques de Courville Nicol, spokesperson for the National Movement for an Officially Bilingual Capital of Canada, renewed the 45-year-old call to make Ottawa officially bilingual before the city turns 150 in 2017, claiming he had the support of more than 40 federal, provincial and regional associations.

"We don't believe that this is a local issue. We believe this is a national issue," Nicol told the Ottawa Citizen. "It is the capital of Canada, and as such,

it has to reflect the existence of English and French Canadians."

That's not the way Trudeau sees it. The Embrun-based activist, who is bilingual, says that the capital's current bilingual policies are working fine and that the call for more bilingualism will come at the expense of English services.

"It's about giving preference to French speakers," she said. "It's already hard enough to get a job with the government if you only speak English. This would make it impossible. What's worse is that official bilingualism wouldn't apply to Gatineau. It's about forcing the Anglo community to speak French and not the French community to speak English."

Thirty-five per cent of Ot-

Unfair?

"It's about forcing the Anglo community to speak French and not the French community to speak English."

Beth Trudeau, spokesperson with Canadians for Language Fairness

tawans claim French as their mother tongue, but Mayor Jim Watson had his doubts that official bilingualism would work for a city as multicultural and English-speaking as Ottawa.

According to Trudeau, the federal government spends \$2.4 billion annually on bilingual services. Of that, Ontario's share is \$623 million.

DENIS ARMSTRONG/FOR METRO

Buckingham, Que.

Police find inactive grenade near residential area

Gatineau police locked down an area of Buckingham, Que., overnight Monday to monitor a grenade

found near a residential zone.

Police say they responded to the call just after 7 p.m. A passerby reportedly found the explosive in a forest behind 160 George St.

Police closed off the area, evacuated 160 George St. and waited for military

personnel to arrive. When the Canadian Forces showed up at around 4:30 a.m., they found it was a real grenade but inactive. The charge had been removed.

The residents returned to their home and the perimeter was lifted at around 5:30 a.m. on Tuesday.

LUCY SCHOLEY/METRO

Miracle League wins \$25K to build diamond for kids with special needs

Kraft Celebration Tour.
TSN broadcasting live
on Aug. 24 at 6 p.m.

It's usually smaller communities that win big cash prizes from the Kraft Celebration Tour, but the contest will be

making a stop in Ottawa this year.

That's because the Miracle League of Ottawa has won \$25,000 from the online voting contest to build a specially tailored baseball diamond and playground for kids with physical disabilities. It's one of 10 organizations claiming the cash and vying for the grand

prize of an additional \$75,000.

TSN Sportscentre will be broadcasting a live episode at Lansdowne Park on Aug. 24, the same day the Ottawa Redblacks take on the Calgary Stampeders.

If it's anything like the other tour stops across Canada, the Miracle League of Ottawa supporters will be almost as loud

as the cheering football fans.

The Miracle League of Ottawa is planning to build a baseball diamond with rubber mats and larger dugouts for easier wheelchair accessibility. The organization is hoping for the grand prize to help build the \$1 million facility in Notre Dame des Champs Park in Orleans.

LUCY SCHOLEY/METRO



Mayor Jim Watson votes in the Kraft Celebration Tour competition on Monday, in the hope that a baseball diamond for kids with special needs will secure \$100,000 in funds. LUCY SCHOLEY/METRO

Community contribution. Senators Foundation surpasses \$100M mark

A proud Ottawa Senators owner Eugene Melnyk announced on Tuesday that the Sens franchise and the Ottawa Senators Foundation had passed the \$100-million mark in contributions to the National Capital Region since the team's return to the NHL in 1992.

That makes the Sens Foundation the second-largest charitable organization in the capital region, behind only United Way.

Federal ministers Pierre Poilievre and Bob Chiarelli, as well as Ottawa and Gatineau mayors Jim Watson and Maxime Pedneaud-Jobin, members of Ottawa city council and Senators players Chris Neil, Chris Phillips, Kyle Turris and Eric Karlsson were on hand at the Canadian Tire Centre to congratulate Melnyk and Foundation staff.

According to Mayor Wat-

son, the Foundation has "made Ottawa a much better place."

The \$100 million in contributions includes \$59 million in community projects, \$25 million in contributions to charities and minor hockey and more than \$21 million in community programs.

The Foundation was a major investor in the \$26-million Richcraft Sensplex, a four-rink arena that officially opened to the public on Aug. 5. It has plans to build six more rinks, one in Smiths Falls and five in Gatineau.

Other youth-oriented projects the Senators Foundation was a major contributor to include Bayshore Accora Village, the Sens House for street youth in the Byward Market, Rogers House palliative care home for kids and the Senators Rink of Dreams outside Ottawa City Hall.

DENIS ARMSTRONG/FOR METRO



Ottawa Senators owner Eugene Melnyk, left, and defenceman Erik Karlsson take part in the ALS Ice Bucket Challenge following a press conference at the Canadian Tire Centre on Tuesday. DENIS ARMSTRONG/METRO

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Marijuana. More lenient laws would have to come sooner, not later: MacKay

The federal government is still assessing whether to allow police to ticket people caught with small amounts of marijuana instead of pursuing charges, says Justice Minister Peter MacKay.

But if the government were to introduce looser pot laws, it would have to happen sooner rather than later, MacKay said Tuesday ahead of a meeting with law-enforcement experts in Vancouver.

Any legislation would have to happen within the next six months, the minister said.

"With some eight justice bills right now in the House or in the queue to come before Parliament, we're running out of runway as far as bringing legislation forward," he said. "But that's one that I do view as important, so if we are going to introduce it, it would have to happen within the next six months."

MacKay said he has been speaking with police and his staff have been looking at other jurisdictions, including



Justice Minister Peter MacKay answers questions in Vancouver on Tuesday.
DARRYL DYCK/THE CANADIAN PRESS

in the U.S., to see whether ticketing for pot possession is an effective option.

Canada's police chiefs have long called for such a move. Last year, the Canadian Association of Chiefs of Police said that under current laws, the only enforcement option that officers have when confronted with simple possession of pot is either to turn a blind eye or pursue charges, which often results in a lengthy court process.

THE CANADIAN PRESS

Winnipeg

Aboriginal girl's death renews calls for inquiry

The death of a 15-year-old aboriginal girl found dumped in Winnipeg's Red River is prompting renewed calls for a national inquiry into missing and murdered aboriginal women. Tina Fontaine's body was discovered Sunday, and police are treating her death as a homicide. **THE CANADIAN PRESS**

Syria

Video appears to show murder of U.S. journalist

The White House said Tuesday it has not confirmed the authenticity of a video purporting to show the killing of journalist James Foley by Islamic State militants.

"If genuine, we are appalled by the brutal murder of an innocent American journalist," a National Security Council statement said. **THE ASSOCIATED PRESS**

Focus on Ferguson

Statement from the city

'We plan to learn from this tragedy'

Ferguson's leaders urged residents Tuesday to stay home after dark and pledged to reconnect with the predominantly black community. According to a statement, officials are exploring how to increase the number of African-American applicants to the law-enforcement academy.

"We plan to learn from this tragedy," the leaders said in the statement.

THE ASSOCIATED PRESS

Protests continue

Two shot, 31 held in Ferguson; cops kill suspect in St. Louis

The National Guard stood by on Monday during another night of unrest in Ferguson.

Capt. Ron Johnson of the Missouri Highway Patrol said at least two people were shot and 31 were arrested.

A crowd also gathered Tuesday afternoon in nearby St. Louis after officers responding to a report of a store robbery shot and killed a knife-wielding man. **THE ASSOCIATED PRESS**

NFLers show support

11

In a show of solidarity with protesters in Ferguson, 11 players of the Washington Redskins emerged from the stadium Monday night with hands raised and palms forward.



Washington Redskins' Brandon Meriweather **THE ASSOCIATED PRESS**



Missouri National Guard troops are deployed to protect a police command centre on Tuesday in Ferguson, Mo.

JOE RAEDLE/GETTY IMAGES

Journalists in middle

- A photographer for Getty Images was arrested while covering the demonstrations and later released. Two German reporters were also arrested and detained for three hours.

- Capt. Ron Johnson of the Missouri Highway Patrol said it was a matter of safety. He said in some cases it was not clear who was a reporter, but once it was established, police acted properly.



Scan this photo with your Metro News app to see a gallery of photos from the protests in Ferguson, Mo. **GETTY IMAGES**

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Makeover: Trivago Guy edition

Vote. People are invited to post a photo on Facebook, Twitter or Instagram of what outfit they'd like to see unlikely star wearing in a new ad

When it comes to the Trivago Guy, everyone's a critic.

Why isn't the pitch man for the world's largest hotel search website wearing a belt? Why doesn't he shave? Why does he look so dishevelled?

The ads featuring 48-year-old American actor/musician Tim Williams have created an Internet buzz since they began appearing on television last year.

At last the company, based in Dusseldorf, Germany, has announced a Trivago Guy makeover contest, with the winner receiving a five-day trip to Berlin and a chance to preview the next commercial featuring the new and improved Williams.

People are invited to post



American actor/musician Tim Williams' style in his Trivago ad has come under fire. Now the company is offering fans a chance to help make him over. YOUTUBE

a photo of what outfit they'd like to see Williams wearing on its Facebook contest page or via Twitter or Instagram using the hashtag #trivago-guy. The deadline is Aug. 24. Voting will begin on Aug. 28

on Facebook.

Williams himself is more than game for the fashion shakeup.

"Why not? I think it's fun and I would definitely like to have somebody else's opinion

on my outfits," Williams said in an interview with CNN. "Do I need a makeover? No. Do I want one? Kind of, yeah."

The Houston-born Williams has just completed a stint playing an American

rock star on the German soap opera Gute Zeiten, Schlechte Zeiten (Good Times, Bad Times). In the U.S., he has had minor roles on The Cosby Show and Law and Order.

TORSTAR NEWS SERVICE

'Hot mess'

Fashion tips

Charlotte Jenkins, operations manager at Gotstyle, a Toronto menswear emporium, has some fashion suggestions for Trivago Guy.

"I understand what they (Trivago) are trying to do here, they're trying to make him (Williams) casual and very approachable because the site is geared toward budget-conscious people. If you put him in a three-piece tuxedo, it's not going to appeal to the demographic that they're going after," Jenkins said. "That being said, (Williams) is a hot mess."

"What would improve him is obviously finding clothes that fit his body type. He's a good-looking guy; he's in a good shape. With clothing that fits him, he would be more polished and put together."

Details. Does YouTube hold the key to a killer music streaming service?

There is still no clear indication of when YouTube is planning to launch its competitor to Spotify — a music-streaming service popular in the U.S. and other countries around the world — but when it does, it will offer users access to over 20 million tracks as well as concert footage, remixes and smart recommendations.

According to Android Police, the new service will be called YouTube Music Key, and when it goes live, it will be integrated into Google Play Music All Access — its parent company's existing music service — so that subscribers will be able to stream either audio or video, a feature that none of its competitors currently offer.

A premium subscription will cost \$9.99 US a month but will enable users to listen to music and watch videos without ads and to listen to tracks offline or in the background.

YouTube's existing preference engine, which suggests new videos based on past viewing habits, is expected to play a major role in helping users discover new songs.

Although reports of Google's music-streaming plans stretch back to the start of 2014, it wasn't until June that the company confirmed the rumors. And that was only because it had been accused of playing hardball with independent record labels in an attempt to secure rights for the venture. THE ASSOCIATED PRESS

Former fashion student

Top-selling bag nets student \$0, lawsuit alleges

A former New York fashion student is claiming in a federal lawsuit that she designed a backpack for Barnes & Noble and hasn't made any money off the top-selling bag.

Diana Rubio was a student at Manhattan's Fashion Institute of Technology when she designed the "everything backpack" in 2010. The school reportedly assigned Rubio to enter Barnes & Noble's "Back to Campus" contest.

THE ASSOCIATED PRESS

From burgers to coffee

McDonald's lovin' home java market

McDonald's plans to start selling its packaged coffee at supermarkets across the United States by early next year, a move intended to raise the profile of the coffee sold at its restaurants. The hamburger chain has made a deal with Kraft Foods to manufacture and distribute the bags of McCafé coffee.

THE ASSOCIATED PRESS

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LIVABLE JUST A SYNONYM FOR AWESOME

It's that time of year again, when the Economist Intelligence Unit publishes its global livability survey — and the results set everyone's hair on fire.

This year, I'm writing from the world's No. 3 most livable city, Vancouver. Apparently, Vancouver's not as livable as No. 1 Melbourne (for the fourth year in a row) and No. 2 Vienna. Try the Sachertorte.

But it's more livable than No. 4 Toronto and No. 5 Calgary, which, if you're a Vancouverite, just makes sense. The Economist operatives must check out the contending cities in January, when it's hard to tell Toronto or Calgary from Tuktoyaktuk.

The cities are judged on five categories: stability, health care, education, infrastructure, culture and environment, which is why Damascus, Syria, is currently one of the world's least livable cities according to the Economist. It has none of the above.

Those of us blessed with an abundance of stability, etc.



JUST SAYIN'

Paul Sullivan

metronews.ca

do have a tendency to look our gift horses in the mouth.

Some of the comments in the Melbourne Herald Sun sound as though being in the world's most livable city isn't so hot:

"This story does not mention the high unemployment rate, the difficulties in finding work and the shortage of jobs, it doesn't include information such as housing shortages or affordability," gripes commenter Susan.

Or this from Barry: "Who the hell judges these things? A perfect score for health? They would have to be joking."

Every year, denizens of real cities such as London or Paris dismiss such nonsense with an imperial flick of the wrist. To hear them tell it, "livable" is a synonym for "boring". Mind the gap!

I'm celebrating my 25th year in the world's third-most-livable land and I have to admit, there are days — when

the cloud cover is a couple metres above my head, it's so wet the seagulls look like drowned rats with wings, and there's a 30-minute wait to get across the "scenic" Lions Gate Bridge — that I'd rather be in Calgary. At least Damascus is usually sunny.

But there are days, such as today and most days, when there's nowhere else I'd rather be, swaddled in the soft virtues of Vancouver.

And I've felt the same way on an outdoor patio in the Beach or running along the Bow River in the sunshine, seconds from downtown.

Think about it. Three of the world's most livable cities, according to a reliable source, are in Canada. Only Australia, with four, does better.

And isn't that what we all want? A well-rounded diet of livability? If Vancouver were a vegetable it would be kale. Toronto's already got Cabbagetown. And in Calgary, fries are a vegetable, aren't they?

We must be doing something right. As we go forward into an uncertain future, it would be a good idea to remember that.

Wash your faces



Workers clean a clock face on the Elizabeth Tower of the Houses of Parliament on Tuesday. Workers are cleaning the four faces of the Great Clock, some 60 metres above ground. OLI SCARFF/GETTY IMAGES

Time stops as Great Clock gets a scrub-down

The clock face of the Elizabeth Tower, which houses the famous Big Ben bell in London, U.K., is being cleaned.

The bell will continue to chime, but the hands are frozen at 12 o'clock while four cleaners abseil down the front of the clock face. The tower was renamed Elizabeth Tower after the Queen to celebrate her Diamond Jubilee. Big Ben is actually only the bell, but many know the landmark by this name. BBC.COM

Word of the day

abseiler

Noun. A person who descends down a nearly vertical face by using a doubled rope that is wrapped around the body and attached to some high point.

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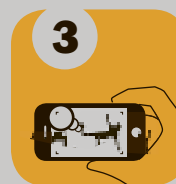
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MetroTube

A video so good, it's Barely Legal



ANDREW FIFIELD
andrew.fifield@metronews.ca

The less we say about this segment from "just another pawn show," the better. So instead, we're going to arm you with a few basic facts:

- 1) It's a commercial for next week's broadcast of the Emmys.
- 2) The dependably hilarious Julia Louis-Dreyfus is frustrated.
- 3) Most importantly, Breaking Bad BFFs (it's complicated) Bryan Cranston and Aaron Paul reunite, which likely explains the warm feeling that mysteriously washed over you yesterday afternoon. (YouTube/Television Academy)



SCREENGRAB

Sin City: A cast to kill for

Going Gaga. Co-director Robert Rodriguez isn't the first to add a famous musician to an already star-studded cast



IN FOCUS
Richard Crouse
scene@metronews.ca

Robert Rodriguez, co-director of *Sin City: A Dame to Kill For*, has assembled an impressive cast of marquee names for the long awaited followup to 2005's *Sin City*.

Actors like Jessica Alba, Rosario Dawson and Bruce Willis are returning from the first instalment, while newcomers to the series include Joseph Gordon-Levitt, Eva Green and Josh Brolin.

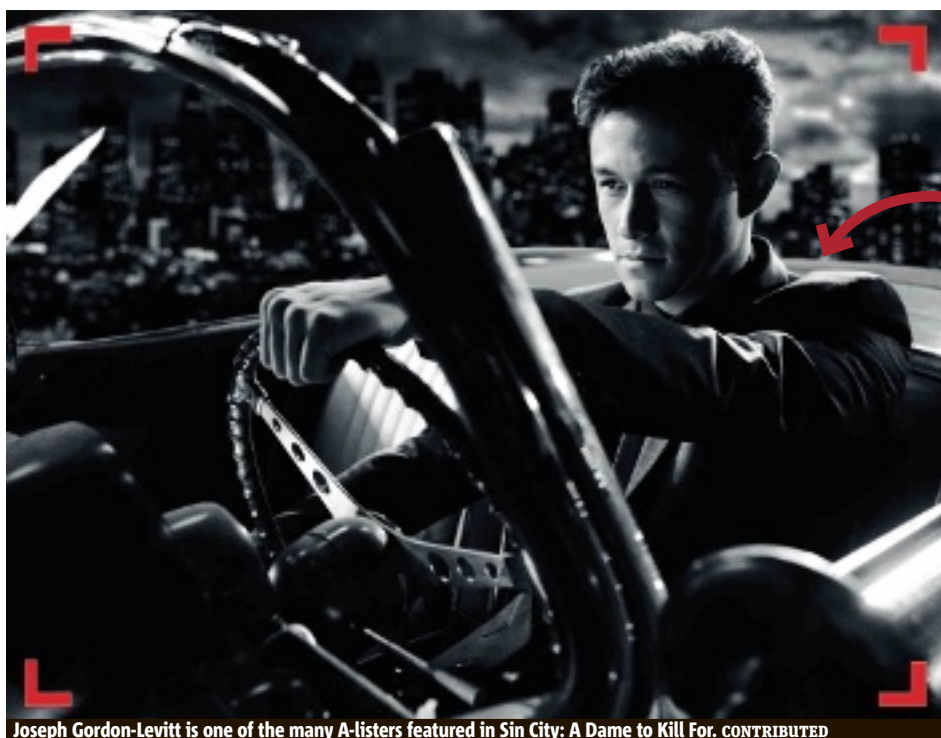
Rodriguez welcomes back another name, Lady Gaga, who he first cast in *Machete Kills*.

"When I asked if she was interested in acting she said, 'I studied acting and I always wanted to be in one of your movies because of the theatricality and the showmanship.'"

When she finished shooting her role of a deadly assassin in *Machete Kills*, Rodriguez tweeted, "Holy Smokes. Blown away!" and promptly cast the singer in *A Dame to Kill For*.

For years, directors have looked to musicians to bring their natural charisma to the screen. Perhaps no one more than Nicolas Roeg has explored the potential for rock stars to become movie stars. "They have," he said, "a greater ability to light up the screen than actors."

In 1970 Roeg and co-director Donald Cammell made the psychedelic crime drama *Performance*, starring Mick Jagger in his first on screen role. The Rolling Stone played the mysterious Mr. Turner, a jaded former rock star who gives



Joseph Gordon-Levitt is one of the many A-listers featured in *Sin City: A Dame to Kill For*. CONTRIBUTED

AUGMENTED REALITY

→ Scan this photo with your Metro News app for an extended trailer of *Sin City*.



→ See the full instructions on Metro's Voices page.

shelter to a violent East London gangster (James Fox). In 2009 Film Comment declared Mick Jagger's Turner the best performance by a musician in a movie.

Next came *The Man Who Fell to Earth*, an existential sci-fi film about an extraterrestrial named Thomas Jerome Newton, starring a perfectly cast David Bowie in his feature film debut. Roeg says he "really came to believe that Bowie was a man who had come to Earth from another galaxy. His actual social behavior was extraordinary.

He seemed to be alone — which is what Newton is in the film — isolated and alone."

Finally, *Bad Timing* was advertised as a "terrifying love story" and called "a sick film made by sick people for sick people" by its own distributor. Art Garfunkel, of 60s folk duo Simon and Garfunkel, stars as a psychology professor living in Vienna whose sadistic relationship with a pill addicted woman (Theresa Russell) ends with a battle for her life. The sexually explicit film was difficult for the actors, and at one point Garfunkel even wanted out. Over martinis Roeg told his nervous actor, "I must ask you to trust that I know where I'm going. It's a maze, but there is an end to it."

Garfunkel stayed on, delivering a performance that the *New York Times* called "very credible."

Profile

Alba doesn't mind being on call for Rodriguez

Jessica Alba has gotten used to vague phone calls from director Robert Rodriguez, the Austin-based auteur who has made a habit of putting Alba in his films.

"He calls me up and he is like, 'Can you come shoot this little thing?' And I'm like, OK, what is it?' 'Well, it's just this little movie, just come down for a couple of days,'" Alba says. "That is just what he does, and I am there. I show up every time because it is so inspiring to be in his world, his universe."

Sin City: A Dame to Kill For marks Alba's second time taking on Nancy, a hard-luck stripper with revenge on

her mind. One thing she's learned from her time working with Rodriguez is that he's not big on giving her a head start, so she has to take matters into her

own hands.

"They snuck the script to me," she says. "I knew Robert was going to call

GETTY IMAGES



me on Monday and ask me to show up on Thursday and I wouldn't have any time to prepare."

And it's a good thing she did. "I saw that I was in throughout the script, in all these dance sequences, and she is in different disguises, and so I was like, 'I have to learn how to dance differently, this is going to be great,'" Alba remembers. "So I worked with a choreographer, I put together costumes and all these wigs and stuff. So I was prepared. And I worked with an acting coach to kind of get in that head space. I am a mom, I have two kids, I run a company. I am not like this, you know, drunk stripper girl. So I needed to work on it." NED EHRBAR

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SINCE 1934

Sin City Rap Sheet

It's been nearly a decade since Sin City brought pulp fiction to movie screens. With the highly anticipated A Dame to Kill coming out, it's time to remind the public what seedy scoundrels will be lurking in Basin City come August 22nd.

STEVE GOW
scene@metronews.ca

Marv (Alias: Mickey Rourke)

Distinguishing features

Square-jawed, muscle-bound behemoth; often wears overcoats (which he frequently takes from his victims). Unethical except for an ironic sense of chivalry towards women; suffers from a condition of acute memory loss.

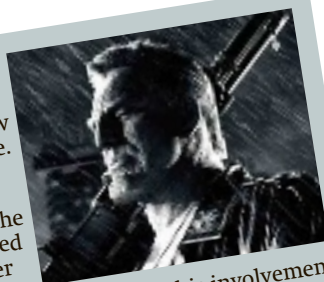
Charges

Multiple cases of murder. After waking up on a highway surrounded by dead bodies,

Marv is determined to find out how he got there. As Nancy Callahan's protector, he is convinced to help her track down dubious Senator Roark for his involvement in Hartigan's suicide.

Weapons of choice

Shotguns, fists and head-butts



John Hartigan (Alias: Bruce Willis)

Status

Deceased in 2005 (Sin City) from apparent suicide.

Distinguishing features

X-shaped scar on forehead, signature trench coat, suffered from angina.

Charges

An ex-cop, Hartigan was framed and imprisoned for the rape of Nancy Callahan in spite of the fact that he actually saved her.



Ava Lord (Alias: Eva Green a.k.a. The Dame to Kill For)

Weapons of choice

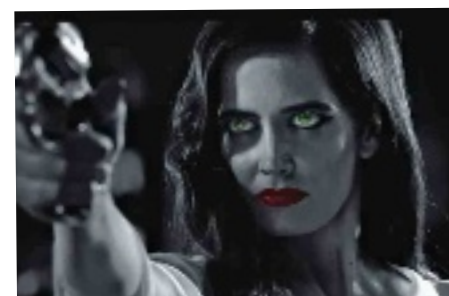
Deception and sex

Distinguishing features

Piercing green eyes, red lips and dark hair; often smoking cigarettes and barely dressed.

Charges

Dwight McCarthy's ex-lover; she's the cold-blooded mastermind behind his murderous attempt on her billionaire husband whom she claimed was abusive.



Dwight McCarthy (Alias: Josh Brolin)

Distinguishing features

Although he resembles Josh Brolin, his facial features are eventually reconstructed by the prostitution gang the Girls of Old Town to more closely resemble Clive Owen (as in 2005's Sin City).

Charges

A private investigator-turned-vigilante,

McCarthy is wanted for murder after his ex-lover Ava Lord sets him up to kill her rich husband. He enlists Marv's help to storm the billionaire's mansion.

Weapons of choice

Proficient fighter, skilled marksman



Nancy Callahan (Alias: Jessica Alba)

Distinguishing features

As an exotic dancer, she's often scantily dressed in leather; has dyed her hair black and now displays several self-inflicted scars on her face. Deemed unstable, she's often advised by apparitions of John Hartigan.

Charges

After being rescued when she was a child from an attempted rape by Senator Roark's son, Callahan now seeks revenge — enlisting Marv to assist her vengeance against the Senator as payback for Hartigan's death.

Weapons of choice

Crossbow, Marv

ALL IMAGES CONTRIBUTED

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Out of a dark tunnel and into the light

Dan Boeckner. B.C. songwriter's new band and music is bright, hooky and danceable

Should Dan Boeckner ever want to place himself at a particular point in his life, he needs only to pluck one of his records off the shelf.

With mid-'00s indie innovators Wolf Parade, his cage-rattling howls were "reflective of being in British Columbia in a small town," he explains.

In his next operation, the serrated synth-pop duo Handsome Furs, he and ex-wife Alexei Perry performed libidinous odes to the exotic locales blurring through their tour-van window.

And his lyrically bleak contributions to his last project, the sinewy Britt Daniel collaboration Divine Fits, were admittedly coloured by the breakup of that marriage.

"Divine Fits was essentially a breakup record," he said on the line from South Dakota, between gigs on tour with Future Islands. "My life took a major, 180-degree turn, and it was catharsis."

If applying that theory to his latest project, a recently released EP by a band he's fronting called Operators, it would seem that Boeckner has navigated his way out of that tunnel and into the warm sunlight.

Sure, the five songs collected on the band's inaugural release are nervy and tense, but they're also bright, hooky and unabashedly danceable to an extent his more jarring Handsome Furs compositions never quite managed.

And indeed, the sunnyish tunes reflect a fertile period in Boeckner's life following a move to San Jose, Calif.

"In the last year or so, writing these songs has been the most productive, creative period of my life," said the 36-year-old, who grew up in Lake Cowichan, B.C.

"I got settled with myself. I came out of that period with Divine Fits feeling good, and I had kind of a breakthrough musically with the type of material I was writing and how I was putting it together."

Mostly gone are the guitars, as Boeckner — increasingly adept with synths, sequencers



Dan Boeckner, seen here in 2013 playing with the Divine Fits, is starting yet again. The B.C.-raised musician and former Wolf Parade singer has a new band called Operators, and he's bullish on their debut EP. GETTY IMAGES FILE

and other electronics — burrowed deeply as a listener into U.K. underground electronic, acid house and disco. So Ancient is built on a "mutated acid house riff, kind of melted down in the sequencer" and first single, True, struts to a vibrant groove.

The whole album is likely more gleefully enthusiastic than anything Boeckner's done, and there's an increased immediacy in some of the hooks. And it was intentional.

"When I'm writing, there's this thing I try to ignore, which is the imagined audience," he said. "For me, they're a roomful of people and, in my mind, they know everything I've done and they like specific things and those things happen to line up with what I like best."

"It's totally unrealistic. It's a fantasy. And I think if

New direction

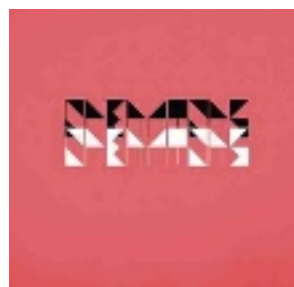
"Writing these songs has been the most productive, creative period of my life. I got settled with myself."

Dan Boeckner, Operators
On his band's recently released EP, which is called EP1

you start writing for these people, second-guessing yourself, you've blown it right off the bat.

"So with this record I thought, if something was really poppy ... it stays. If it feels good, it stays on the record."

For all the ways in which EP1 marks new territory for the guitarist, it still clearly follows in the lineage of Boeckner's live-wire style.



His contributions to all four of his best-known projects have shared a sensibility that's distinctly his. If not, he might have struggled to stitch together a fan base that will follow him from project to project.

"I've been incredibly lucky," he said, "that people have followed me through four different iterations of bands."

THE CANADIAN PRESS

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Ellen DeGeneres and Portia de Rossi ALL PHOTOS: GETTY IMAGES

Skywriting's the limit as Ellen and Portia celebrate their sixth anniversary

If there's one thing famous people are good at, it's setting unrealistic expectations for us normal folks. Case in point: Anyone having an anniversary soon, since Portia de Rossi went and set the bar way too high in celebrating her sixth anniversary with wife Ellen DeGeneres.

The talk show host posted a photo of the two smiling underneath the skywriting de Rossi had ordered for the day, with clouds spelling out "six." Skywriting! How are a nice dinner and some lotto tickets supposed to look after skywriting has been offered up as an option? Sheesh.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

This is so not what we thought Matthew would be packin'



NED EHRBAR
Metro in Hollywood

This is of great cultural significance, so pay attention: Matthew McConaughey has officially vouched for the fanny pack, so it's cool again (if it was ever cool). The Dallas Buyers Club star wore one to a Red Sox-Astros game recently — and even defended the accessory to CSN Houston's Julia Morales. "I'm not afraid of the fanny pack," McConaughey said. "You've



got to kind of put it on the side to make it look a little not as nerdy, but still, practicality wins out. I got so much gear in here that I don't want in my pockets." Hoo boy. I mean, I know McConaughey is a dad now,

but I had no idea he was such, you know, a ... dad. On the plus side, if they really do become popular again, we'll have a whole new round of explaining why the name makes British people titter.



James Franco

In a Moby Dick move, Franco gets naked for ALS Ice Bucket Challenge

Getting a little tired of those ALS Ice Bucket Challenge videos? Well, don't worry, because James Franco is here to keep things interesting. Hollywood's reigning enfant terrible got doused in a shower and passed the challenge on to Zach Braff, Keegan Allen and Joey King by way of a piece of paper shielding his naked crotch. Classy, Jim. Though, to be fair, he wasn't completely naked. Never one to pass up a good literary reference or bad pun, Franco wore a "Moby Dick" T-shirt. Thar she blows, indeed.

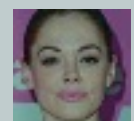
Twitter



@Harry_Styles
Love everybody.



@billmaher
I don't know if this is connected, but ever since the New York Times came out for pot, the paperboy doesn't get it anywhere near the porch



@rosemcgowan
I went camping and missed the ice bucket situation. What am I missing?

hairjunkie

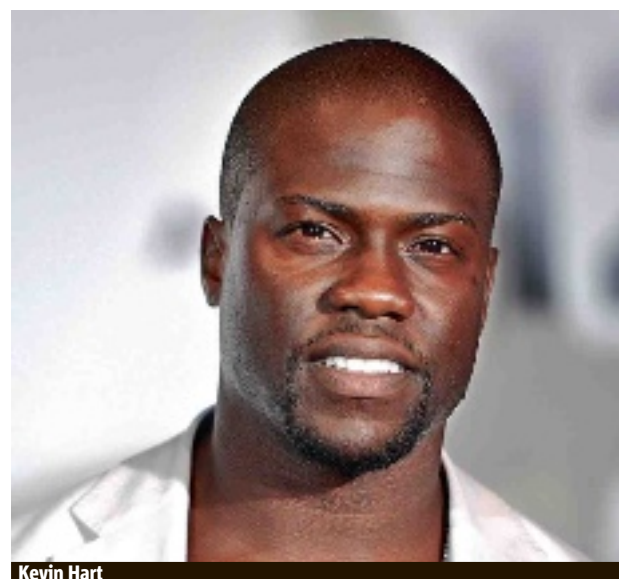
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Kevin Hart

Parrish the thought! Ex calls Kevin Hart's new fiancée a home wrecker

Kevin Hart's been having a pretty good year, so how about some more good news? The comedian and actor announced via Twitter that he asked girlfriend Eniko Parrish to marry him. "She said YEEEEESSSSS," he posted, along with a photo of the happy couple along with a rather impressive diamond ring on her finger. The couple has been dating for five years, though Hart's ex-

wife, Torrei Hart, previously told Entertainment Tonight that Parrish was the reason for their divorce — a claim Hart refuted. "My woman has nothing to do with my past marriage problems," he wrote. "It's almost (seven years) total of me not being with my ex ... I guess giving a woman over (\$20,000) a month and still being there for her and being an incredible father isn't enough."

Squeezing the many luxuries of Lisbon into two short days

Portugal. Short on time? You can still lose yourself in this city — just make a promise you'll return for more

MANORI
RAVINDRAN
life@metronews.ca

To make it in Lisbon, you need two things: a supernatural pair of walking shoes and an appetite for cod and green wine.

I had both, but fresh off the airport shuttle and wandering around the waffle-like Baixa neighbourhood — a jumble of criss-crossed streets and obscured signage — I'd also need to be OK with being comically lost all the time. Somewhere around here was a boutique hostel that would be my base for two days. If only I could find it.

I'd been told that the Baixa's Living Lounge was a trailblazer in a city-wide hostel movement that has afforded travellers with such high standards that hostels have become synonymous with hotels.

Once I'd located the second-floor hostel, slung my large backpack into a luggage-only elevator and waited for my room in a pristine living area with high ceilings, I understood why.

Later, in search of my first meal, recommended to me by the hostel owner, I slid along Rua da Prata's glossy mosaic tiles until the



Lisbon's Arch of Triumph is sure to take your breath away. ISTOCK

towering Arch of Triumph — a gateway to the Praça do Comércio or "Trade Square" — promptly took my breath away. The majestic arch and square overlook the river, and I walked along the Avenue Ribeira das Naus, delighted to see the sidewalk slope into the lapping waters of the Rio Tejo.

Eventually, I found the unassuming Solar do Kadete, where the owners were cooking seafood on a blackened grill in the courtyard. Seated under a grubby white awning, my cravings were sated with the grilled bacalhau (cod) and vinho verde (green wine, due to its

young age) of my dreams. Could I just never go home, I wondered.

After lunch, I ventured into the Bairro Alto, a hilly neighbourhood flanking the Baixa where yellow trams trembled through cobbled streets, defying gravity. Between the churches and viewpoints, there was enough here to pass an afternoon before dinner in the nearby Cais do Sodré area, where the fishing equipment shop-turned-restaurant Sol e Pesca offers hundreds of colourful tins of sardines and tuna.

After a surprisingly excellent meal of canned

took a bus west of downtown to the Belém district, where among the vestiges of Portugal's prosperity as a colonial power was the 177-year-old Casa Pastéis de Belém, the birthplace of the Portuguese custard tart, or pastel de nata. It's not that I didn't value the Belém tower's river views or the Manueline architecture of the Jerónimos Monastery: I just appreciated a freshly baked nata lightly sprinkled with icing sugar and cinnamon so much more.

Back downtown, I had one remaining neighbourhood to explore: the Alfama. A similar muddle of streets greeted me as I wandered — ever upwards, ever sweating — along pastel-coloured homes and underneath lines of washing, to the Moorish-style São Jorge Castle crowning the area. Walking along the castle's wide terrace I spotted the orange 25th of April Bridge in the distance — reminding me of San Francisco — and the mazes of the Bairro Alto and its terracotta rooftops across the way. "All right, all right, I'll come back," I told a peacock brushing past.

That night, I was back in the Bairro, sipping Darjeeling and nursing blistered feet at the Pavilhão Chinês (Chinese Pavilion). What had once been a grocery store was now an iconic bar with five rooms chock-full of the owner's collections of model warplanes, Japanese fans and inordinate kitsch in between. There was something for everyone in this bar.

It figured. There was something for every traveller in this city.

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fish, I stopped at a bar for a nightcap of cherry-infused liqueur, known as Ginjinha, served in a chocolate cup — truly the cherry on top.

The next morning, I

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3
LIFE

How not to cringe when the clock ticks

It's time to talk about it. Succeeding at both work and play without compromising the quality of either one

LAUREN MARINIGH
TalentEgg.ca

People tend to associate busy with stressful. However, busy is also beautiful because it can mean that a person has found multiple hobbies, people and causes to be passionate about — to the point that they want to make time for all of them.

We've all heard the saying, "If you want something done, give it to a busy person."

Busy people are busy because they know how to prioritize and manage these multiple priorities.

From getting As on essays to working your way up in the workplace to staying in shape and maintaining



Time: It's limited, but it's yours to use wisely. iStock

friendships — it's easy to overload your plate. Plus, you've still got to sleep and eat and find time to pick up the phone and call Grandma.

So how do you manage it all properly?

Be realistic

You can't do everything, but you can do a lot.

You just need to take a good hard look at where your time is going (and where it should be going). If you're thinking of taking a 6

a.m. kickboxing class before work, look at what you're doing around 10 p.m. each night.

Are you wasting an hour scrolling through Facebook? If so, cut that, and head to bed early so you can tack this class onto your list.

If you're using your evening to get readings done, perhaps this isn't something you can cut — meaning the kickboxing class might have to take a backseat for the time being.

Tip: Schedule in your biggest priorities first — everything else gets bonus time.

Love what you're doing

We all have to do things we don't want to do (a.k.a. every first year psych assignment that was ever invented), but surround these things with things you love doing.

- Find classes you enjoy.
- Surround yourself with people you genuinely care

Buy a day planner

Use a day planner to write down all your appointments, coffee dates, essay deadlines, etc.

- On Sunday nights open the planner to see where you need to allocate your energy for the coming week, and then plan your free time.
- If you have class Monday morning and evening but the afternoon is wide open, do you have assignments you need to finish? Apartments you need to hunt for?
- What about grocery shopping? Or could you meet a friend for lunch and save the groceries until Tuesday?
- Figure out what fits where — and stick to it.

outside for a minute and feel those golden rays. Or, buckle down even more and try things like turning your phone on silent and checking it every few hours instead of constantly glancing over and getting lost in distraction.

Knowing you have a break (and some caffeine) in your future makes your work time that much more productive — meaning you get done faster and that final break can last a whole lot longer.

Tip: Consider your brain to be like an eight-hour workday. At work you get multiple breaks to take a few minutes to yourself, rejuvenate, and fuel up. Your brain needs the same treatment in order to stay sharp and productive.

Get creative

Call your Mom on your walk to work.

Utilize your time on public transit to read the paper or memorize your lines for the school musical.

Sign up for a volleyball team with your friends, combining workout time with social time.

Move your "bedtime" up a half-hour so you have a half-hour allotted for that book you've been meaning to read. Find ways to utilize the time you naturally have, and your To Do list just got cut in half.

Tip: Find ways to fill your "hidden time" — leaving your real time open for the things you really want to do.

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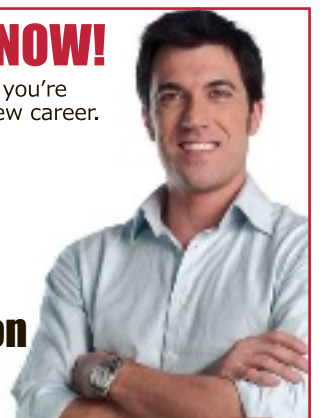
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LAKSHMI GANDHI

Metro World News

Because of the increased globalization of the business world, it's not unusual for many office workers to have colleagues who live in far-flung places around the world.

But constantly video-conferencing and emailing with people you may never meet in person has its challenges, especially if you know nothing about the cultural mores of your new colleagues. In her new book, *The Culture Map: Breaking Through the Invisible Boundaries of Global Business*, author and business professor Erin Meyer provides readers with a blueprint for navigating the sometimes-rocky road of cross-cultural business relations.

"What I say to my MBA stu-



Skype has made connecting with colleagues from afar much simpler. iStock

dents is that if you want to be successful in the future, you have to develop the skills to understand and ask the question: 'How do I motivate my employees in different parts of the world?'" says Meyer.

Uncertain about how you can develop a successful partnership with a team of software engineers in India or a group of accountants in Sweden? Meyer says that a good manager can make things run smoothly de-

spite been oceans away.

Know when to call and when to email

"If you can talk over the phone in order to build up that initial connection before you move

Converse with care

"People love to talk about cultural differences, as long as you make it sound like you think the other culture is positive and you talk your own culture in a humble way."

Erin Meyer
Author and professor

to email, that's always better," says Meyer. "And even better than that is if you can do Skype, because once people have seen your face, then you can use that opportunity to get to know them a little bit and then you can move to more task-oriented media like email."

Try to break the ice

Sometimes it's not possible to ever meet your co-workers face-to-face, but that doesn't mean you can't make a connection. Meyer shares a story of how one manager broke the ice with his team of young Indian programmers by sending them YouTube videos of

the latest pop songs, saying, "I love this song, this is what I love about it, it's really hot in India right now — what do you think?" explains Meyer.

Acknowledge your mistakes

Unintentionally making an offensive remark happens, but there are ways to fix the damage. It is key to acknowledge your clumsiness and be open to change. Meyer says one of the managers she talked to won his team over with honesty. "It just didn't occur to us that people in other parts of the world might be more focused on giving a softer relationship approach to things," he says.

Don't be afraid to ask about cultural differences

Sometimes the best way to avoid a cultural conflict is to simply talk to a trusted colleague about what you should do. "People love to talk about cultural differences, as long as you make it sound like you think the other culture is positive and you talk your own culture in a humble way," says Meyer.

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Cinnamon swirls crown a cobbler

Stovetop Mixed Berry Cobbler. Cobbler is traditionally topped with pastry, but this one comes with a cinnamon stick on the side



DINNER EXPRESS
Emily Richards
food@metronews.ca

Market time is always the best time because you can find delicious and local produce you will want to incorporate into one of your meals right away!

Be sure to look around your city for various farmers' markets and find out what's best and in season right now.

Talk to the vendors — they always have great recommendations on what to do with in-season produce.

Check city hall, libraries or community centres as well as farms to find out when these markets are on and what they will be bringing that week.

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that at certain times of the summer we can combine some wonderful produce to make awesome stir-fries, soups, pastas and, of course, dessert!

Seasonal fruit is a great way to enjoy dessert through the week and, of course, planning ahead will allow you to sneak in a little more sweet treat into this bowl of goodness.

Take a mix of fresh berries, for example, and create an easy Stovetop Cobbler that will combine the best of summer flavours.

This cobbler is great on its own, with ice cream or with the cinnamon swirl sticks in the recipe.

Cobblers usually have the pastry right on top of the fruit. This recipe leaves the pastry off to the side so you can see the vibrant colour of the berries.

A crisp puff pastry cinnamon stick is the perfect

choice. You can make the cinnamon sticks ahead of time and crisp them up again in the oven before serving the cobbler.

Cooking the berries on the stove helps retain their juiciness and their shape.

You can also try combining some chopped fresh peaches or plums with the strawberries. Simply make sure the total amount is 5 cups (1.25 l) of fruit.

Directions

1. Cinnamon Sticks: On lightly floured surface, roll out frozen puff pastry to 14 inch by 11 inch (35 cm x 28 cm) rectangle. Spread the pastry evenly with butter. Sprinkle with sugar and cinnamon. Fold pastry over and roll gently to push together. Cut into 16 strips and twist each strip to place on parchment paper lined baking sheet. Bake in 425 F (220 C) oven for about 15 minutes or until golden brown. Set aside.

2. Cobber: In a large shallow saucepan, melt the butter and granulated sugar over medium heat. Add the strawberries, blueberries, blackberries and cardamom or cinnamon.

3. Bring to a simmer, stirring occasionally for about 10 minutes or until berries release juices and soften slightly. Whisk the cornstarch and orange liqueur together and stir into berry mixture and cook for 1 minute or until thickened.

4. Serve the Stovetop Mixed Berry Cobbler with cinnamon sticks.



This recipe makes six servings. EMILY RICHARDS

Ingredients

Cinnamon Sticks

- 1 pkg (400 g) frozen puff pastry, thawed
- 1/4 cup (50 ml) butter, softened
- 1/3 cup (75 ml) granulated sugar
- 1 tbsp (15 ml) ground cinnamon

Cobbler

- 3 tbsp (45 ml) butter
- 1/2 cup (125 ml) granulated

sugar

- 2 cups (500 ml) sliced fresh strawberries
- 2 cups (500 ml) fresh blueberries
- 1 cup (250 ml) fresh blackberries
- 1 tsp (5 ml) ground cardamom or cinnamon
- 2 tbsp (25 ml) cornstarch
- 2 tbsp (25 ml) orange liqueur or juice



This pork chop recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Take thyme for chops

1. Heat the oven to 200 F.

2. In a large, shallow bowl, whisk together the flour, salt, paprika, black pepper, white pepper, onion powder, garlic powder, thyme and red pepper

flakes. One at a time, dredge 4 of the pork chops through the flour mixture, coating both sides evenly and shaking off any excess. Set aside.

3. In a large, nonstick skil-

let over medium-high, heat 1 tablespoon of the oil until just smoking. Add the 4 coated chops and cook for 5 minutes, turning once. Reduce the heat to medium and cook another 2 minutes, turning once. Transfer the chops to an oven-safe plate and place in the oven to keep warm.

4. Repeat the dredging and cooking with the remaining 4 chops, using the remaining tablespoon of oil.

THE ASSOCIATED PRESS/ADAPTED FROM SOUTHERN LIVING'S COUNTRY MUSIC'S GREATEST EATS, OXMOOR HOUSE, MAY 2014

Ingredients

- 1/2 cup all-purpose flour
- 2 1/4 tsp kosher salt
- 2 tsp paprika
- 1 tsp ground black pepper
- 3/4 tsp ground white pepper
- 3/4 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp dried thyme
- 1/2 tsp red pepper flakes
- 8 centre-cut bone-in pork chops (3 to 3 1/2 lbs)
- 2 tbsp vegetable or canola oil, divided

Five more years

MacArthur inks extension deal

The Ottawa Senators have signed forward Clarke MacArthur to a US\$23.25-million, five-year contact extension.

The deal runs through the end of the 2019-2020 season and has an average annual value of \$4.65 million, the team said in a release.

MacArthur, a 29-year-old native of Lloydminster, Alta., scored a career-high 24 goals and had 31 assists in 79 games last season. **THE CANADIAN PRESS**



Clarke MacArthur GETTY IMAGES

Is this the end of it?

Bertuzzi, Moore settle court case

A settlement has been reached in Steve Moore's lawsuit against NHL forward Todd Bertuzzi, more than 10 years after the infamous on-ice attack ended Moore's career.

Geoff Adair, a lawyer for Bertuzzi, confirmed the case has been "settled in its totality" but said the terms are confidential.

The multimillion-dollar lawsuit had been scheduled to go to trial Sept. 8. **THE CANADIAN PRESS**



Eugene Melnyk walks the red carpet and greets fans during the Senators' 20th anniversary pre-game ceremonies prior to the start of the NHL home opener against the Minnesota Wild in 2011. The Sens' owner is confident Ottawa can reach the playoffs this season. JANA CHYTILOVA/FREESTYLE/GETTY IMAGES FILE

Melnyk can see the Sens in the playoffs

Clairvoyant. Owner senses better schedule, hopes players stay away from injuries

Confident

"I think we have the potential to be in the playoffs and be competitive throughout the whole year."

Senators team owner Eugene Melnyk

Eugene Melnyk is already predicting a return to the playoffs for the Ottawa Senators this season.

The NHL team's owner said he sees no reason why this year's lineup wouldn't have the capability to be one of the more competitive teams in the Eastern Conference.

"I think you can pretty

well predict what we're going to have on the ice," Melnyk said Tuesday. "If everybody just plays to their potential I think it's a great team and is going to be very competitive and will be a playoff team, but they just need to play to the level that we know that they can play."

The Senators missed the

playoffs last season and finished 11th in the Eastern Conference, but Melnyk is confident the Senators will finish in the top eight this year.

There will be some significant changes to the Senators this year after the trade of Jason Spezza and the addition of David Legwand, Alex Chiasson and prospects Nicholas

Paul and Alexander Guptill. Curtis Lazar, 19, will also be pushing to make the roster.

"I think we're going to be very, very competitive," said Melnyk. "Last year was not the kind of year we want to have this coming season. Everyone knows their roles and I'm just hoping we stay away from injuries and we're all set to go."

Melnyk feels the Senators have a better schedule this season, adding he senses a renewed energy from players who are eager to put last season behind them.

THE CANADIAN PRESS

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2014 Dodge Caravan

- **Type:** Four-door, front-wheel-drive full-size minivan
- **Engine:** 3.6-litre V6 (283 hp)
- **Transmission:** Six-speed automatic
- **Base price:** \$27,995 (plus destination)

Market position

Most automakers have abandoned minivans, but they're still practical for many buyers. Most find them easier to access than a crossover or SUV, especially if you have a lot of people and cargo.

Points

- The third row folds flat in the floor, and can also be flipped backwards for "tail-gate seating" when the van is parked and the liftgate is up.
- An Eco setting adjusts the engine and transmission response for improved fuel economy, although it diminishes performance.
- The dash-mounted shift lever allows for more cargo space in the centre console.



The front seats are set high and forward, so check your leg room.

Interesting features

Fold-into-the-floor second-row seats; trailer sway control; easy-clean floor mats; driver's knee airbag; tire pressure warning; available heated steering wheel.

Pioneer still leads pack

Review. Dodge Grand Caravan shines with its low price, convenience and multi-use interior

JIL MCINTOSH
drive@metronews.ca

Back in 1984, Chrysler wowed the auto world with its new Magic Wagon minivan. Families couldn't get enough of this practical machine and, pretty soon, just about everybody was offering one.

Eventually, though, they were displaced by the rising popularity of SUVs and crossovers. Only a few are offered today, including the original — the Dodge Grand Caravan.

It starts at \$27,995 for the base Canada Value Package trim, although various incentives bring its selling price much lower. My tester was the SXT Plus, which starts at \$34,495 before rebates, and includes second-row Stow 'n' Go bucket seats that fold into the floor, a feature found exclusively in Chrysler's minivans (the Grand Caravan is also sold as the upscale Chrysler Town & Country).



PHOTOS: JIL MCINTOSH

Mine also had such add-on options as a rear-seat DVD system, power sliding doors and liftgate, navigation, satellite radio, and a front-seat floor console with a pull-out rear storage drawer.

Those second-row seats fold into under-floor bins that can be used for hidden storage when the seats are upright, but to accommodate them, the front seats are set forward and high. I didn't have any issues, but my taller

husband complained that his knees were too close to the dash. Check the fit of all front-seat folks before you sign on the dotted line.

All Grand Caravans use a 3.6-litre V6 engine that makes a healthy 283 horsepower, and does a great job of moving the van around, even when it's fully packed with passengers and gear.

It's mated exclusively to a six-speed automatic transmission. The steering is smooth

and quick to respond, and is pleasant to drive, and although the ride's slightly harsher than that of its Japanese rivals, it's still OK.

The Grand Caravan scores well with a starting price below its rivals, its easily configurable interior, and lots of convenience features to make it easy to get the family where everyone needs to go. Minivans may not be as popular anymore, but they're still just as useful.

Compare



1 Toyota Sienna
Base price: \$29,120
The smooth-riding Sienna is the only minivan that can be ordered with all-wheel-drive.



2 Honda Odyssey
Base price: \$31,078
Honda's V6 engine shuts off some of its cylinders when cruising for fuel economy.



3 Ford Transit Connect
Base price: \$30,499
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What test car is Garry bringing us this week? We literally have no clue what he's bringing us until it lands in our driveway, but who are we to doubt Garry Sowerby, who has a bazillion Guinness records for around-the-world driving? That's a bazillion more than we have, after all. Come along and find out as we drive 'em, dirty 'em and shoot 'em with our phone cams. These are real-life, no-glam reviews.

JEFF MELNYCHUK
wheelbasemedia.com

Big and powerful Silverado HD way more truck than most need

Special delivery.

Designed for heavy lifting and towing, I felt like a poser driving this behemoth to the coffee shop in surfer shorts and flip-flops

This thing is a monster. Huge. Garry says it's proportioned like an off-shore race boat, only backwards.

I'm not so sure about that, but for the first time in a long time, I have no way to properly evaluate a vehicle that Garry has dropped on the doorstep.

Like, at all. I usually write about "normal" passenger cars and not farm implements, so testing this one is a bit of mystery.

This new-for-2015 Chevrolet Silverado HD 2500 has a four-door cab and an eight-foot box — a long and rather unusual combination — and is built for pulling boats and horse trailers and hauling big rocks, probably all at the same time.

Guess I'll take it to get ... a coffee, then.

The truth is that most light-duty trucks are far too capable for the people who buy them. So who really needs a heavy-duty truck? Someone must.

Hopping up — way up — and in with my flip-flops and surfer shorts and T-shirt, I feel like a poser. A total fraud. I need overalls, workboots, and a hard hat or a stetson to operate this baby. The proper uniform is a must.

It seems ridiculous to even drive this \$76,110 2500 HD — a vehicle that can tow about nine metric tonnes — without something other than a 12-ounce dark-roast coffee as the ultimate payload. But off we go. It's like flying around in an empty cargo plane to deliver a letter.

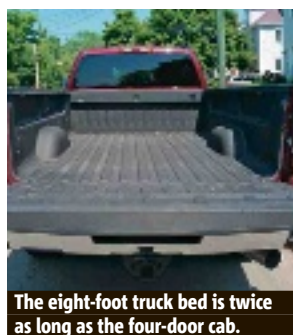
As capable as I'm sure this truck is — since there is no real way for me to test it out — it's like living with an



The 2015 Chevy Silverado 2500 HD is built for pulling boats and horse trailers, or hauling big rocks, probably all at the same time. JEFF MELNYCHUK



This giant truck won't fit in your garage, or most parking spots.



The eight-foot truck bed is twice as long as the four-door cab.

elephant and not a vehicle. It won't fit in any garage that has a closing door. It has to live outside.

Nor does it fit in any normal parking spot, whether at the mall, on the street or at the coffee shop.

Let me make this clear: You can park it at home, at the job site and at the very back of the mall lot, next to all the those weird vacationers overnighing with their motorhomes. But that's pretty much it.

The nice part about this particular Silverado HD is that it's decked out inside with luxury-like trappings. For more than \$75,000, one would expect nothing less, except the door panels are just functional plastic. The base price is \$50,920.

And despite a stiff suspension needed to control the motion of immense payloads, the HD rides pretty well, without hopping around, partly because the distance between the front and rear wheels is 14



The interior is decked out with all the luxury trappings you would expect to find in a \$75,000 vehicle.

Bang for the buck

- Wow: The real deal for pickups, pretty imposing, surprisingly smooth ride, built for real work, towing capacity, gets coffee no problem, diesel rocks.
- Hmm: You need to change your parking habits, all the good stuff costs extra — like 10 grand for the diesel.

Ready for anything

"Unfortunately, most of the real capability of this truck will go to waste, even by people who actually need such a workhorse."

Jeff Melnychuk
wheelbasemedia.com

feet, which is longer than the average compact sedan.

Of all the options, the 397-horsepower Duramax Diesel engine (with 765 lb.-ft. of torque) is the most expensive, and useful, at close to \$10,000. It clobbers the base gasoline V8.

The Allison six-speed automatic transmission adds \$1,445. The \$1,600 polished 20-inch wheels cost nearly as much as the Z71 off-road package.

Because you're dealing with a huge truck, every add-on is bigger, with a matching cost. But most, like the back-up camera, climate control and Bose audio system, are much appreciated.

Unfortunately, most of the real capability of this truck will go to waste, even by people who actually need such a workhorse. Even more so for someone like myself, with his piping-hot 12-ounce cup of dark-roast riding around in the cupholder.



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Toronto's Open Streets event closed portions of Yonge and Bloor to clear the way for pedestrians and cyclists. TORSTAR

Car-bike turf war seems destined to get more heated

Autopilot. As cities work to ease gridlock and revitalize their inner cores, drivers will need to do a better job of sharing the road



AUTO PILOT
Mike Goetz
drive@metronews.ca

How about that driver who was caught on camera a couple of weeks ago, driving down one of Vancouver's separated and dedicated bike lanes?

I guess I laughed when I saw the video on YouTube. It had a charming Charlie Chaplin vibe I thought.

But maybe I shouldn't have laughed — the driver's actions almost caused one pedestrian and one cyclist to invest in some rural real estate ("buy the farm").

At any rate, the video got me, and maybe a lot of others, thinking about the relationship between drivers and bicyclists.

They've always had an uneasy relationship, but things are looking to get even hairier in the next few years, as cities deal with gridlock and look to revitalize their inner cores.

To that latter point, this past Sunday morning, Toronto held a pilot project called Open Streets TO, where major portions of Bloor and Yonge streets were closed to vehicle use.

Similar Open Streets projects have been successful in other major cities, including New York, L.A., Paris and Mexico City.

I suspect most of the hard lines taken by either bike or car fundamentalists are a result of the nature of their relationship — the forced sharing of precious and finite resources, in this case, public pavement.

Nothing like a turf war to get your guard up.

The other element at play is that serious bicyclists and dedicated motorists tend to

be born that way.

There are certainly converts going either way, but car people and bike people tend to be loyal to their respective teams.

Earlier this summer, I used my bicycle for part of my journey to Chrysler Canada, where I was to pick up a test vehicle.

I arrived at the same time as fellow auto scribe David Booth. He was aghast at my choice of transport and wanted to revoke my auto journalist decoder ring.

And consider this quote from Grant Peterson, the noted American bicycling advocate, author, and proprietor of Rivendell Bicycle Works:

"Every now and then, a reporter gets a bike commuter to say high gas prices drove him to it, but I'm skeptical.

"I think most people, shot full of truth serum, would agree that even \$5 per gallon is a bargain for independent travel up to at least 60 miles, with all you can fit into a car, from delicate flowers and chandeliers to infants and elderly folks. Try doing that on a bike or public transport."

He adds his bicycle-commuting ways also have nothing to do with a desire to do something green.

He does it because he doesn't like driving, but loves bicycling, and loves how it keeps him fit.

These are "personal pay-offs," he says, "not philanthropic or far-seeing green ones, and I think that's the same for anybody."

If the goal is to get more people out of their cars and onto bikes, he figures it will take much more than cheerleading and current gas prices.

For the most part then, people who love cars will keep driving them, and people who love bikes will keep riding them.

So we have lots of work ahead, to keep them both achieving their mutual goal of getting around, along with the biker's other goal of staying out of the ER department.

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20
Keep your ideas simple today. The more complicated your plans get the more likely it is they will end in failure. You don't need to do anything out of the ordinary at the moment.

♉ Taurus

April 21 - May 21
You need to give others the impression you are not the sort who can be easily manipulated. Act tough today, even if you don't feel tough inside.

♊ Gemini

May 22 - June 21
If you find yourself getting emotional for no good reason over the next 24 hours, remind yourself of all the things you have to be thankful for.

♋ Cancer

June 22 - July 23
You have a lot to think about and you can't think straight with so much noise going on around you. Find a quiet space you can call your own.

♌ Leo

July 24 - Aug. 23
If your inner voice tells you something today you must not ignore it. No matter what everyone else may be doing, if it does not feel right to you then give it a miss.

♍ Virgo

Aug. 24 - Sept. 23
Stay where you are and don't start anything new today. You will get your chance to shine when the Sun enters your sign on the 23rd.

♎ Libra

Sept. 24 - Oct. 23
Don't try to stop a friend or relative from doing something you do not approve of. Most likely it will make them even more determined to do it, just to annoy you.

♏ Scorpio

Oct. 24 - Nov. 22
Don't give up on something just because you have grown bored with it. Use your intelligence to find ways to spice them up a bit.

♐ Sagittarius

Nov. 23 - Dec. 21
The planets warn if you stick your nose in someone else's business you may have trouble getting it out again. Focus on what you enjoy and ignore everything else.

♑ Capricorn

Dec. 22 - Jan. 20
You appear to have pushed yourself a bit too hard of late and are beginning to feel the effects. Give yourself a break. Never mind about your work — it can wait.

♒ Aquarius

Jan. 21 - Feb. 19
No matter what mistakes you have made, you must forgive yourself, and others, too. Grudges will hold you back.

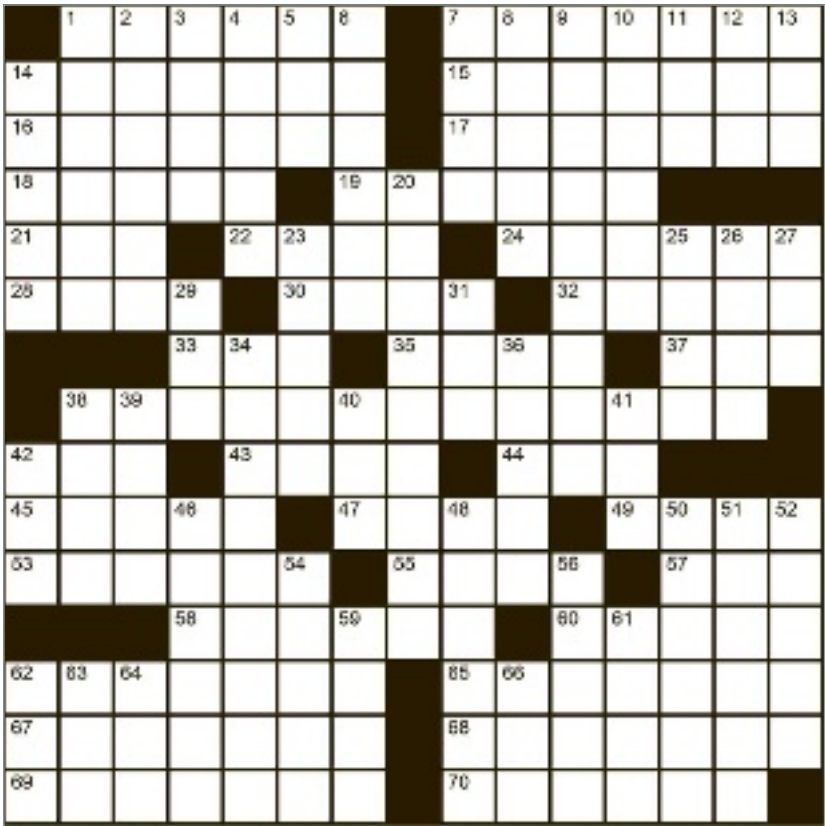
♓ Pisces

Feb. 20 - March 20
Sometimes you can be rather stubborn and that could be a problem today if you refuse to abandon an idea that clearly is no longer worth defending.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Diner drinks
- It's opened/closed by a driver: 2 wds.
- Dish of the day
- "What if God was..." Joan Osborne hit: 3 wds.
- Julie __, Montreal-born astronaut
- Scientific experiment critters: 2 wds.
- Fall colour
- Rocker Mr. Vedder's
- Kicker's accessory
- Sitarist, __ Shankar
- They look like large alpacas
- Vodka brand
- Bartlett __
- Movie critic Jeffrey
- New newt
- 1958 Leslie Caron title role
- __ to Joy (Friedrich Schiller work)
- 1982 Canadian slasher flick: 2 wds.
- Ms. D'Angelo, to pals
- Court plea, __ contendere
- Green light buttons
- Invigorating
- Forecasting quotes, briefly
- Small argument
- Amazing store bargains
- I, to Socrates
- Antacid brand
- Abhor



- Beamed/smiled: 2 wds.
- "__ of Alcatraz" (1962) starring Burt Lancaster
- Lake __ (It's on the Ontario-Quebec border)
- Cold country?

- "__ Fringe" by Red Rider
- It could go either way...
- Backdrops

Down

- Actress Sissy
- "__ __, My My (Into

- the Black)" by Neil Young & Crazy Horse
- Computer company
- One flying a tailed toy, say
- Gnaw
- Vintage album's protection
- "__ Mountain"

- (2003)
- "I broke __!" (Manicuree's moan)
- Arcade Fire song: "__ (Lies)"
- Paris art museum, Musee __
- Birds __ feather...
- In deep sleep

- Web feed syst. for updates
- Commercials
- Doctor's determination
- Is __ (Most likely will)
- Heathered expanse
- Ampersands
- Compass pt.
- "Indeed!"
- Trucking vehicle
- Ken __, Winnipeg-born actor/filmmaker
- Apparition
- Green, to Gaston
- Jazz vocalist Ms. Anderson
- 'Tact' suffix
- Battleship letters in The States
- Blues guitarist Mr. King's
- Aerosmith's "Back in the __"
- Destroys
- Diminutive
- Jackal-headed Egyptian deity
- Subject
- TV holder
- "Drop me __" (Write!)
- Make __ meet
- "I'd consider __ honour..."
- Contracting proposal
- Hockey surface
- Particular political party person, puny-ly
- Tampa Bay football player, briefly

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

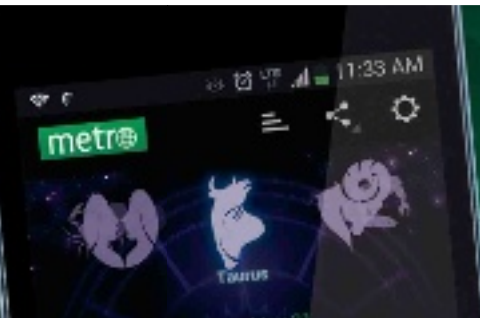
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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